



# Masters Track & Field Meet

## Saturday, June 7, 2014

West Seattle Stadium, 35th Avenue SW & SW Snoqualmie

\$5.00 per event  
Compete in as many  
events as desired.

## For Ages 30 and Up

### Event Schedule

Registration is at 8:30am and continues throughout meet.

Register online at <https://class.seattle.gov/parks/Start/Start.asp> with barcode 99489  
or call 206 684-7092. Participants can also register the day of the meet.

#### FIELD EVENT SCHEDULE

9:30am	Pole Vault
9:30am	Long Jump, Triple Jump
9:00am	<b>Hammer</b>
<b>10:00am</b>	<b>Shot Put</b>
11:00am	High Jump and <b>Discus</b>
2:00pm	Javelin or immediately following last track event



#### TRACK EVENT SCHEDULE

9:30am	5,000 M Run - 2 heats	11:45am	100 M Dash Finals
	Heat 1: Women & Men 55+	12:15pm	1,500 M
	Heat 2: Men 30-54	12:45pm	4 x 100
10:45am	400 M Dash	1:00pm	800 M Run
11:00am	1,500 M Racewalk (judged)	1:30pm	200 M Dash
11:20am	3,000 M Racewalk (judged)	1:45pm	4 x 400 M Relay



## QUESTIONS? CALL 206 684-7092



